

インターンシップ体験記 (海外インターンシップの場合は英語で記入)

I visited PRISMA Lab. at the University of Naples Federico II for seven weeks. To complete this internship, I summarize my experiences in the following sections.

(1) Preparation

In deciding on my internship, I looked for laboratories related to my research, particularly on the application of robotic systems. Prof. Ficuciello, the host faculty member, kindly accepted my internship through my supervisor.

The host laboratory provided accommodations. However, when I went to the accommodation, I found it was far from the laboratory. Therefore, I should have simulated the route from the accommodation to the laboratory before my departure. Another problem with the accommodations was the payment of fees. The accommodation requires payment by bank transfer, so it is necessary to use an international money transfer service. Domestic banks' international money transfer services offer complicated procedures and high fees. I used an international money transfer service called "Wise," which is easy to use and low-cost. Thanks to this service, I could pay for my accommodations from my Japanese account during my trip.

There is no need to obtain a visa for travel from Japan to Europe for three months or less. Therefore, there were no problems with leave and entry from Japan for this internship.

(2) Work in the lab.

I needed to work efficiently to achieve results during the seven-week internship period. I set goals at the beginning of each week and worked to achieve them over the weekend. This strategy was simple but adequate for a relatively small project. For larger projects, such as the one I was working on for my Ph.D. course, it wasn't easy to estimate the goals, and I found myself working more and more out of sheer inertia. This experience during this internship taught me a good lesson for my future research life.

In order to determine and achieve these goals, it is necessary to resolve questions that arise during research as quickly as possible. To resolve questions efficiently, I consulted colleagues for solutions and discussed with staff thoroughly during meetings. In particular, although many parts of communication in foreign languages are difficult to understand, I pursued the questions thoroughly until I could understand them. I am proud to say that these efforts also led to the improvement of my language skills.

The interesting point is that the laboratory is in a university hospital, where PRISMA Lab. is also working on medical robots. Therefore, doctors and researchers can discuss and share their opinions on how medical professionals can use medical robots. As far as I know, this kind of research environment is rare in Japan. Still, it was a very suitable research environment for medical robots.

(3) Communication with supervisors and colleagues

Even though my supervisor was very busy during my internship, she was kind enough to discuss my research with me outside of our meetings. During my work in the lab, postdocs and students regularly approached me, and I solved problems by asking questions and discussing them on the spot. This laboratory culture allowed me to proceed with my research without any problems.

Since the university is in Naples, many students living in Naples belong to the laboratory. Therefore, we talked with them about sightseeing and daily life in Naples. From these conversations, they are proud of Naples as we are proud of Japan. This finding was significant in understanding the identity of students from different countries.

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(4) Daily life

Culture

Italian culture is different from Japanese culture in that it is very free. For example, strangers talk with each other in town, and people do not care if there is graffiti on trains. Being in such a different culture allows one to objectively view one's behavior, which one may not be aware of. This kind of experience is only possible when one stays abroad for a long time, and I feel that it was a very meaningful internship for my spiritual growth.

Prices

When I visited Naples, it was the time when the Japanese yen was beginning to depreciate. The cost of living in Naples was relatively low, and I could cook for myself in the dormitory, so I had no trouble living there. However, when shopping in tourist areas or the city center, one must be aware that prices are set for tourists and are unnecessarily high.

Accommodation

The students stayed in a dormitory shared by universities in the Naples area. I shared a room with a Pakistani Ph.D. student and many other students from South Asia, including Iranians, Afghans, and Indians. These university-provided dormitories are relatively inexpensive. Since water, electricity, gas, and Internet are provided all at once, it is possible to stay there inexpensively.

Phone & SIM card

In the destination country, a local phone number is required to contact the laboratory staff and to register for various services. Therefore, a SIM card with a calling option was very convenient. I was suspected of fraudulent use of my credit card several times during my trip. Still, because I had an unlimited call plan, I could call the support center in Japan without worrying about the charges. WhatsApp is a popular social networking service in Italy. A local phone number is also necessary to use this SNS.

(5) Lessons learned from this experience

I summarize this report in the following three lessons.

- Set goals that can be achieved in the short term regularly.
- Exposure to different cultures helps us to objectify ourselves and enrich our lives.
- Regular life and research activities, then have moderate relaxation.

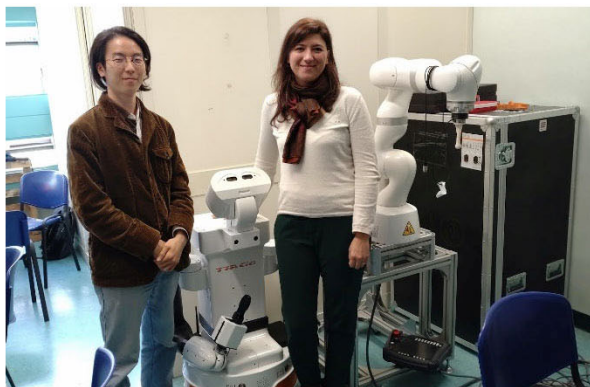


Figure 3 Three shots with the host professor and TIAGo



Figure 4 I could encounter numerous works of art.